



# Diabetes State of Mind Arizona



#Connectingwhatcounts – the link between diabetes and mental well-being

## An epidemic in the US, diabetes is a demanding chronic disease with a significant impact on mental health.

A variety of issues related to diabetes can trigger stress, anxiety and anger.<sup>1</sup> These include the pressure of disease management decisions that need to be made every day, challenges related to intimacy, access to affordable supplies, navigating insurance coverage, difficulty making nutritious food choices or time for exercise, and feelings of shame or guilt when not achieving blood glucose goals. Mental illnesses are conditions that disrupt a person's thinking, feeling,

mood, ability to relate to others and daily functioning. Just as diabetes is a disorder of the pancreas, disruptors to mental health can result in reduced capacity for coping with the demands of life. With **Diabetes State of Mind, Roche** aims to drive more attention to this critical topic, address misconceptions and create a positive environment for conversation so that people with diabetes can get the support they need.

## In the US



**37.3 million Americans, about 1 in 10, have diabetes.**<sup>2</sup>



People with diabetes are **2-3 times** more likely to have depression than people without diabetes.<sup>3</sup>



**Only 25-50%** of people with diabetes who have depression **get diagnosed and treated.**<sup>3</sup>



Over the last decade, **the proportion of the US population suffering from mental illness** (any mental, behavioral, or emotional disorder) has increased.<sup>4</sup>

## The state of diabetes and mental health nationwide is also true in ARIZONA

### Diabetes



Approximately **631,251 people in Arizona** or 11% of the adult population **have diagnosed diabetes.**<sup>5</sup>



An additional **164,000 people have diabetes but don't know it**, greatly increasing their health risk.<sup>5</sup>



Diagnosed **diabetes costs an estimated \$6.8 billion each year in Arizona.**<sup>5</sup>



Every year, an estimated **43,419 people are diagnosed with diabetes.**<sup>5</sup>



While **genetics play a role in the higher risk of diabetes** reported in African American, Native American, and Hispanic/Latino communities, socio-economic disparities equally compound the problem. Historically the lack of access to healthy foods, places to exercise and play, and the ability to receive adequate medical and preventive care all multiply the risk for worse health outcomes in these communities.<sup>6</sup>

### Mental Health



**1,030,000 adults in Arizona** have a mental health condition.<sup>7</sup>



**40.8% of adults** reported symptoms of anxiety or depression. **27.4%** were unable to get needed counseling or therapy.<sup>7</sup>



**2,862,704 people in Arizona live in a community** that does not have enough mental health professionals.<sup>7</sup>



Compared to the rest of the US population, **indigenous people have disproportionately higher rates of mental health** such as suicide, post-traumatic stress disorder, violence and substance use disorders.<sup>8</sup>

## Helpful Local Resources

**VISIT** **The American Diabetes Association (ADA)** helps people find local mental health providers.

**VISIT** **The Arizona Department of Health Services' Diabetes Coalition** has information and programs to reduce the burden of diabetes on individuals, families, communities, and improve access to care, treatment, and outcomes for people with diabetes and those at risk for developing diabetes.

**VISIT** **National Alliance on Mental Illness (NAMI) Arizona** offers a range of services and support, including between families and peers.

**VISIT** **To read:** Breaking the stigma of seeking mental health services in communities of color.

**For more information about Diabetes State of Mind #Connectingwhatcounts – the link between diabetes and mental well-being, please visit [www.accu-chek.com/tools/mental-well-being](http://www.accu-chek.com/tools/mental-well-being)**

**Sources:** 1. <https://diabetes.org/healthy-living/mental-health> 2. <https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html#:~:text=Key%20findings%20include%3A,t%20know%20they%20have%20it> 3. <https://www.cdc.gov/diabetes/managing/mental-health.html#:~:text=Depression:%20More%20than%20just%20a%20bad%20mood&text=People%20with%20diabetes%20are%20,both%20E%20%94is%20usually%20very%20effective.> 4. <https://www.nimh.nih.gov/health/statistics/mental-illness> 5. [https://diabetes.org/sites/default/files/2023-03/ADV\\_2023\\_State\\_Fact\\_sheets\\_all\\_rev\\_AZ.pdf](https://diabetes.org/sites/default/files/2023-03/ADV_2023_State_Fact_sheets_all_rev_AZ.pdf) 6. <https://www.azdhs.gov/documents/prevention/tobacco-chronic-disease/diabetes/reports-data/diabetes-action-plan-report-2023.pdf?v=20230109> 7. <https://www.nami.org/NAMI/media/NAMI-Media/StateFactSheets/ArizonaStateFactSheet.pdf> 8. <https://www.ihs.gov/newsroom/factsheets/behavioralhealth/#:~:text=Studies%20show%20Indigenous%20people%20have,violece%20and%20substance%20use%20disorders.>